

2013 Long Course Nationals Qualifying Times

National YMCA Long Course Swimming Championships July 29 - August 2, 2013 Qualifying Time Standards

Note that the short course yard and short course meter times
are identical to short course

Women				Men		
25 Y Course	25 M Course	50 M Course	Senior (12 and Over)	50 M Course	25 M Course	25 Y Course
:24.99	:27.89	:29.09	50 Free	:26.29	:24.87	:22.29
:53.99	1:00.25	1:03.19	100 Free	:57.69	:54.45	:48.79
1:55.99	2:09.45	2:16.29	200 Free	2:05.69	1:57.95	1:45.69
5:09.39	4:30.68	4:42.59	400 (500) Free	4:25.99	4:11.95	4:47.99
10:30.99	9:12.04	9:41.59	800(1000)Free	9:09.19	8:37.92	9:51.99
17:34.99	17:31.83	18:21.09	1500 (1650) Free	17:25.89	16:32.21	16:35.19
##	##	##	50 Back	##	##	##
1:00.09	1:07.06	1:11.59	100 Back	1:05.99	1:01.48	:55.09
2:09.39	2:24.40	2:33.79	200 Back	2:23.39	2:12.46	1:58.69
##	##	##	50 Breast	##	##	##
1:08.89	1:16.88	1:22.19	100 Breast	1:14.19	1:08.62	1:01.49
2:28.49	2:45.72	2:56.29	200 Breast	2:41.79	2:29.54	2:13.99
##	##	##	50 Fly	##	##	##
:59.49	1:06.39	1:10.09	100 Fly	1:02.99	1:00.14	:53.89
2:12.69	2:28.09	2:37.19	200 Fly	2:24.19	2:15.03	2:00.99
2:11.89	2:27.19	2:34.49	200 IM	2:23.09	2:13.47	1:59.59
4:38.99	5:11.37	5:26.59	400 IM	5:04.39	4:47.93	4:17.99
1:40.99	1:52.71	1:58.99	200 Free Relay	1:48.79	1:41.10	1:30.59
3:37.99	4:03.29	4:14.89	400 Free Relay	3:52.29	3:39.07	3:16.29
7:48.99	8:43.42	9:12.19	800 Free Relay	8:29.99	7:59.89	7:09.99
1:52.39	2:05.43	2:13.49	200 Medley Relay	2:03.49	1:52.71	1:40.99
4:02.99	4:31.19	4:48.69	400 Medley Relay	4:23.39	4:04.74	3:39.29

* No change

**The Yard Qualifying Time is the Qualifying Time for the Short Course Meet
The short course meter time is the short course meter time for the Short Course Meet**

We no longer have qualifying times for the 50 Stroke events

The athlete must have a qualifying time in the 100 or 200 distance of that stroke

Enter the 50 stroke with a provable 50 stroke time

**If the athlete is not entered in the 100 or 200 of that stroke the coach
must bring proof of the qualifying 100 or 200 stroke to registration**

Qualifying Period for the Long Course YMCA National Championship Meet:
July 1 of the previous year through the entry deadline (July 2013)

2013 Long Course Nationals Qualifying Times

Time Trials

25 Y Course	25 M Course	TT 50 M	Senior (12 and Over)	TT 50 M	1.1 times 25 M Course	TT SCY
:27.48	:30.67	:31.99	50 Free	:28.91	:27.36	:24.51
:59.38	1:06.28	1:09.50	100 Free	1:03.45	:59.89	:53.66
2:07.58	2:22.64	2:29.91	200 Free	2:18.25	2:10.48	1:56.25
5:25.99	4:47.08	4:57.59	400 (500) Free	4:40.99	4:26.95	5:02.99
#####	#####	#####	800(1000)Free	#####	#####	#####
#####	#####	#####	1500 (1650) Free	#####	#####	#####
#####	#####	#####	50 Back	#####	#####	#####
1:06.09	1:13.89	1:18.74	100 Back	1:12.58	<u>1:07.75</u>	1:00.59
2:22.32	2:38.84	2:49.16	200 Back	2:37.72	<u>2:25.71</u>	2:10.55
#####	#####	#####	50 Breast	#####	#####	#####
1:15.77	1:24.69	1:30.40	100 Breast	1:21.60	<u>1:15.48</u>	1:07.63
2:43.33	3:02.91	3:13.91	200 Breast	2:57.96	<u>2:44.49</u>	2:27.38
#####	#####	#####	50 Fly	#####	#####	#####
1:05.43	1:13.02	1:17.09	100 Fly	1:09.28	<u>1:06.52</u>	:59.60
2:25.95	2:42.90	2:52.90	200 Fly	2:38.60	<u>2:28.53</u>	2:13.08
2:25.07	2:41.91	2:49.93	200 IM	2:37.39	2:26.82	2:11.54
5:06.88	5:41.37	5:41.59	400 IM	5:19.39	5:17.93	4:47.99

Time Trial standards are 10% over the Qualifying time for events 200 meters and shorter
Events 400 meter and longer are 15 seconds slower than the qualifying times